

## Loveland Parks and Recreation

[www.TeamSideline.com/Loveland](http://www.TeamSideline.com/Loveland)

### 2021 Gymnastics Info Sheet

Coordinator: Kim Miller (970) 962-2437, [kim.miller@cityofloveland.org](mailto:kim.miller@cityofloveland.org)



This is a recreational program for youth ages 1½ through 16 years old.

Various class times and levels are offered for all abilities. Choose from two or three, four-week sessions.

### Quick Reference Chart - 2021

<b>Important Information by Season (2021)</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>
Registration Begins (6:00pm online)	Nov 9, 2020	Feb 8, 2021	Apr 26	Jul 26
Class Dates – Session 1	Jan 11-Feb 6	Mar 22-Apr 17	Jun 5-Jul 2	Sep 11-Oct 8
Class Dates – Session 2	Feb 8-Mar 6	Apr 19-May 15	Jul 10-Aug 6	Oct 9-Nov 5
Class Dates – Session 3				Nov 13-Dec 17
Class Not Held		*No classes Mar 8-21		*No classes Nov 22-27
Specific Class Info, Dates, and Fees	<a href="#">2021 Winter Activity List</a>			
Parent Info, Gymnastics Rules, Policies	<a href="#">CLICK HERE</a>			
Attire	<b>ATTIRE</b> for class should be comfortable and should easily allow for movement. Leotards or shorts and t-shirts are recommended. Jeans and similar attire are too restrictive and hard on the equipment. If tights are worn, they must have stirrups or stop at the ankle. Those that enclose the foot are conducive to slipping.			
Jewelry	<b>No Jewelry Allowed</b>			
Weather	<b>WEATHER CANCELLATION INFO</b> is available one half hour before your scheduled class at <a href="http://www.TeamSideline.com/Loveland">www.TeamSideline.com/Loveland</a> As a rule, if the Chilson Center closes due to weather, class will not be held. Sign up for text and/or email alerts on our website as well!			

### GYMNASTICS PROGRAMS OFFERED

#### **PRESCHOOL PROGRAM**

for ages 1.5 -5 yrs.

#### **Parent/Tot**

Age 1 1/2-3: Spend time with your little one while helping them increase spatial awareness, gross motor and social skills through fun obstacle courses, swinging on bars and balancing on beams. Basic safety and spotting covered. An adult buddy is required; all children participating must be registered.

#### **Wiggle Worms**

Age 3: Get your wiggles out as we move, tumble, climb, bounce and swing! A transitional class for those 3 year olds seeking more independence. Parent participation optional. All children participating must be registered.

#### **How to Register**

1. **Find Program Info Sheets** at [www.TeamSideline.com/Loveland](http://www.TeamSideline.com/Loveland)
2. **See Activity Guide** for specific class info, including class number you'll need.  
Go to [Activity List](#)
3. **Register for your class** online at [www.cityofloveland.org/WebTrac](http://www.cityofloveland.org/WebTrac) or in person at the Chilson Center.

NOTE: You will need an active household account. For help setting up your household, or to get your household ID # to login, please call 970-962-2458.

**REGISTER EARLY to ensure your spot!**

### **Tumbling Tots**

Ages 3 - 4: Experience exciting obstacle courses, increase strength, balance and flexibility in a fun, creative environment while enhancing socialization and independence. Explore the bars, beams, vault, trampoline and tumbling in this fun-filled class!

### **Tumble Mania**

Ages 3.5 - 5; 6 - 12: Is your child constantly jumping, rolling, flipping and bouncing? This class will teach them safely to do those things and much more. Learn rolls, handstands, cartwheels, roundoffs, backbends and skills on the Tumbl Trak. As the child progresses, more advanced tumbling skills will be introduced.

### **Kid-Nastics**

Ages 4-5: Age appropriate skills are taught through the use of obstacle courses and fun stations for the development of strength, balance and flexibility. Children will be introduced to basic gymnastic skills on the bars, beam, vault and floor exercise.

### **Advanced Kid-Nastics**

Ages 4 - 5: For those 4 & 5 year olds who are ready for more advanced skills. Instructor approval required.

### **DEVELOPMENTAL PROGRAM**

The following progressive, developmental program for children ages 6-12 yrs. is aligned with the USA gymnastics program levels 1-5. See our [Skill Progression Sheet](#) for specific skills covered at each level.

### **Intro to Gymnastics**

Ages 6 - 12: New to gymnastics? This is the place to start! You will be introduced to all apparatus and terminology and prepare for Novice, Level 1 and beyond.

### **Novice - Level 1**

Ages 6 - 12: The fundamentals of gymnastics are taught on each event - vault, uneven bars, balance beam and floor exercise.

### **Beginner - Level 2**

Ages 6 - 12: For those who have completed and mastered the skills in level one and are ready for more challenging skills.

### **Advanced Beginner - Level 3**

Ages 6 - 12: This level continues to build a strong foundation of skills on each event.

### **Intermediate - Level 4**

Ages 6 - 12: A more involved class focusing on fine-tuning and correct execution of all gymnastics skills on all apparatus' while continuing to learn new skills.

### **Advanced Intermediate - Level 5**

Ages 6 - 12: Advanced skills, strength and flexibility will be emphasized.

### **Boys Gymnastics**

Ages 4 - 6; 7 - 10: A boy's specific class to introduce the fundamentals of men's gymnastics.

### **OTHER CLASSES**

### **Tumble Mania**

Ages 3.5 - 5; 6 - 12: Is your child constantly jumping, rolling, flipping and bouncing? This class will teach them safely to do those things and much more. Learn rolls, handstands, cartwheels, roundoffs, backbends and skills on the Tumbl Trak. As the child progresses, more advanced tumbling skills will be introduced.

### **Homeschool Gymnastics**

Ages 5 - 16: Join other homeschoolers for an hour of fun gymnastics. We will utilize our developmental program curriculum to ensure growth and progress in a fun and safe environment. A great way to incorporate physical education into your homeschool curriculum.

### **Adult Gymnastics Fitness**

Ages 16+: Round out your fitness routine with this unique class! We will teach and use basic gymnastics skills and equipment to increase whole body strength, flexibility and cardio. No gymnastics experience necessary!

